

## **MSc in Systemic Psychotherapy.**

I am extremely grateful for the funds granted to me by the FPSA. The funding has enabled me to complete my training in Systemic Psychotherapy at Derby University. In total, this is a four-year training and the FPSA funds have enabled me to take my learning and practice forward resulting in qualification and accreditation as a fully qualified family therapist/systemic psychotherapist.

The final year of study involves attendance at taught seminars, membership of a live training team where we deliver systemic interventions to families referred to CAMHS and the completion of an independent research study presented as a bound as a thesis. The emphasis is on development of the practitioner's approach, the methods used and techniques applied to work with families. Theory and practice are integrated in the teaching, work with families, research and in the completion of a portfolio detailing personal and professional development.

During this final year of study my skills and confidence in applying systemic psychotherapeutic techniques has developed further. I have successfully completed pieces of work with families, improving outcomes for young people whom I have worked with in the CAMHS setting and in my role within social care. Obtaining the qualification has enabled me to take up a clinical role in the voluntary sector. I am developing a new service for young people who have been adopted and their families. Using systemic thinking and practice I offer consultations to families and professionals and support them to access appropriate and timely therapeutic interventions. I am working alongside local authorities, clinical psychologists and therapists trained in other therapeutic modalities to achieve excellence for this vulnerable group. The role encompasses provision of Family Therapy. The service is subject to a rigorous review and evaluation process which will inform the development of future services.

Additionally, during my final year of study, I have provided training in systemic thinking and approaches to a cohort of newly qualified social workers and mentored a student through her first year of practice. My interest in developing systemic practice in my core profession (social work) remains a passion. The research study I completed, using focus groups and interpretative phenomenological analysis, contributed to thinking and practice in the social work field.

I wish to extend my thanks again to the FPSA for their financial support in my endeavours to improve the services I provide to families.

Charlotte Jaggar (10<sup>th</sup> July 2017).